

"Chant (or recite) the words of God every morning and evening.

The one who neglects this has not been faithful to the Covenant of God and His agreement, and he who turns away from it today is of those who have turned away from God." Bahá'u'lláh.

The Fast The Month of Fasting lasts from March 2nd to March 20th inclusive. The Fast has been ordained as an annual occasion for all Bahá'ís, except those under the age of fifteen and those who are sick or infirm or with child. During these days no food or drink should be taken between the hours of sunrise and sunset. The times of sunrise and sunset are given below:

		<u>Sunrise</u>	<u>Sunset</u>		<u>Sunrise</u>	<u>Sunset</u>
March 2nd		6.46 a.m.	5.41 p.m.	March 12th	6.24 a.m.	5.57 p.m.
March 3rd		6.44	5.43	March 13th	6.21	5.59
March 4th		6.42	5.44	March 14th	6.19	6.01
March 5th		6.40	5.46	March 15th	6.17	6.03
March 6th		6.37	5.48	March 16th	6.15	6.04
March 7th		6.35	5.49	March 17th	6.12	6.06
March 8th		6.33	5.51	March 18th	6.10	6.08
March 9th		6.30	5.53	March 19th	6.08	6.10
March 10th		6.28	5.54	March 20th	6.05	6.11
March 11th		6.26	5.56			

Nineteen Day Feast Feast of 'Ula (Loftiness) - Monday, March 2nd, 7.30 p.m.
Hosts: Mr. and Mrs. Nazar

Nawruz Feast At the Centre on Saturday, March 21st at 3.30 p.m. Dr. and Mrs. Naji are kindly acting as hosts for this feast.

Special Meeting On Tuesday, March 10th, at 7.30 p.m. at which the delegates to the Convention will be elected. This is an important date.

Thursday Evening Meetings - 7.45 for 8 p.m.

- March 5th A Panel will answer Questions
- March 12th Speaker: Mr. David Hofman
- March 19th " Mr. John Wade
- March 26th Programme of Readings prepared by Mrs. K. Hyett

Firesides Mr. and Mrs. Wade are holding a Fireside every Monday evening at 7.30 at 14 Northumberland Road, New Barnet.
Vivian Isenthal has a Fireside every Friday evening at 8.0 at 95 The Avenue, West Ealing, W.13.

Weekend School at Portsmouth on the 6th/7th/8th March, at The Royal Beach Hotel, Southsea, Portsmouth. Sessions: on Friday from 7.30 to 10 p.m., Saturday from 2.45 to 10 p.m., and on Sunday from 10 a.m. to 8.0 p.m. London friends who can visit the whole or part of this School will be very welcome.

Public Meeting at Wokingham Town Hall on Wednesday, March 18th. It has been resolved to try to build Wokingham up to Assembly status, so any support from London for this meeting will be a great help.

Bahá'í Supper organised by Mrs. Munsiff and Mrs. Nikanpour on the first Friday in the month, at 7.30 p.m. The next one will be on March 6th. Persian and Indian Food at a price of 5/- per person - profits to the Bahá'í Fund.

The address is: 25 Nevern Mansions, Warwick Road, S.W.5. The last supper was a great success, with thirty-eight present and £5. 2s. 6d. made for the Fund. Please come to the next one, and if possible advise in advance to Mrs. Munsiff (WESTern 0562) or Mrs. Nikanpour (FREMantle 2799).

Lending Library Many friends have books which have been out a very long time. Please return them quickly so that others may use them.